



Mixed Lettuce, Pear, and Goat Cheese Salad with Citrus Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



168 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups baby lettuces mixed
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 bosc pears firm cored ripe thinly sliced
- ☐ 2 cups boston lettuce
- ☐ 1 teaspoon dijon mustard
- ☐ 3 ounces goat cheese crumbled
- ☐ 0.3 teaspoon kosher salt

- ☐ 4 teaspoons meyer lemon juice fresh
- ☐ 4 teaspoons olive oil extra-virgin
- ☐ 0.3 cup orange juice fresh
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 tablespoon shallots finely chopped

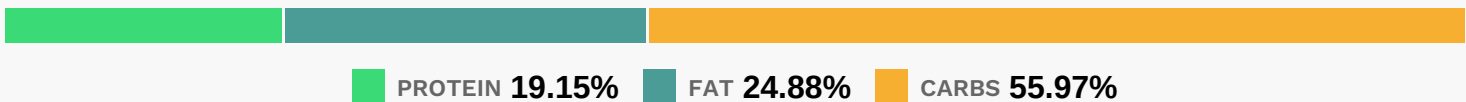
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare dressing, combine shallots and mustard in a medium bowl, stirring with a whisk. Stir in 1/4 cup orange juice and next 3 ingredients (through pepper). Gradually add oil, stirring constantly with a whisk.
- ☐ To prepare salad, combine 2 tablespoons orange juice and pears, tossing to coat.
- ☐ Combine lettuces in a large bowl.
- ☐ Drizzle with dressing; toss gently to coat. Arrange about 1 cup lettuce mixture on each of 8 salad plates. Top each serving with about 1/4 cup pear and 1 1/2 tablespoons cheese.

Nutrition Facts



Properties

Glycemic Index:34.89, Glycemic Load:6.87, Inflammation Score:-8, Nutrition Score:15.736086995705%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg Naringenin: 0.29mg,

Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 168.13kcal (8.41%), Fat: 4.82g (7.41%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 16.56g (6.02%), Sugar: 11.9g (13.22%), Cholesterol: 4.89mg (1.63%), Sodium: 125.52mg (5.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.69%), Vitamin C: 52.95mg (64.18%), Vitamin K: 43.19µg (41.14%), Fiber: 7.82g (31.29%), Vitamin A: 1391.7IU (27.83%), Manganese: 0.51mg (25.63%), Folate: 88.78µg (22.19%), Vitamin B1: 0.32mg (21.5%), Phosphorus: 157.84mg (15.78%), Copper: 0.32mg (15.77%), Vitamin B3: 2.49mg (12.46%), Vitamin B2: 0.21mg (12.23%), Vitamin B6: 0.24mg (12.22%), Iron: 2.1mg (11.68%), Magnesium: 44.42mg (11.1%), Potassium: 381.62mg (10.9%), Zinc: 1.53mg (10.22%), Calcium: 52.98mg (5.3%), Selenium: 2.62µg (3.74%), Vitamin E: 0.54mg (3.57%), Vitamin B5: 0.26mg (2.58%)